Understanding Sexuality

Robert Beers

Self-Concept and Self Esteem

- The key element to a good relationship is yourself.
- You must always think good of yourself.
- You need to love others.

Gender Role

- In our society traditanly we learned that men were supposed to be the working and more dominant and women were to be the house and child care givers.
- Things in our society are changing a lot now women sometimes do more than men.
- We learn during our childhoods how the gender role is.

Friendship

- Are the first relationships we will have outside of the family.
- Friendships will teach you how to trust.
- They will even teach you how to love.
- When you get older you will find a friendship that will grow into a stronger bond.

How to be a Good Friend

- Be Trustworthy, honor the commitment you have made with them and don’t talk about them behind their backs.
- Be supportive and kind.
- Don’t Brag.
- Be generous and not always expect something in return.
- Share things about you and listen when they talk back.

Love, Sex, and Intimacy

- Love is a basic human motion.
- In many times in todays world Love can lead to Intimacy unlike in early days were that was saved for marriage.
- 15%-18% of married people will have an affair while they are still married “National opinion research center 2006”
- In todays world Love isn't always with sex and intimacy, because a lot of people still have sex just to do it or for money.

The transformations of love

- All human relationships change over time, that goes for Love relationships too.
- This happens because you will start to loose your sex drive with the person and have the urges to try something new.
- If your both committed to each other then you should have a strong relationship that last.

Challenges in Relationships

- 15.5% of College students have taken a survey and say relationship problems effect academic performance.
- Every relationship hits a rough patch it could be about money, kids, stress, jealousy, even not being honest or open about things.

Honesty and Openness

- When you first meet a person its not best to just act and not be yourself. Being yourself will help both of you to decide if you will feel conferrable around one an other.
- If your not open in a relationship it will cause a lot of fights.
- Lying in a relationship is one of the worst things you could do. Because if you lie about one thing what's to say you have told any truth.
- Tell the Truth even if its Bad.

Unrealistic Expectations

- That is a big problem, everyone has a dream of the perfect person the thing is not one person is perfect.
- Never Expect a partner to change how they are.
- Don’t think that the person has all the same thoughts as you or even goals.
- If you are just thinking the relationship will help everything you wanted your relationship wont last.

Balancing time spent together and apart

- Its best to have an equal amount of time together and apart.
- To much time together can cause your to get tired of the person and try to make up places you must go.
- If you don’t spend much time together it will cause the person to loose interest in you and lead to cheating.
- When you are together listen to one another's problems, if any. This will help to get you closer and avoid fights.

Jealousy

- This is a common problem with students.
- Jealousy can lead to violence, trust issue's , and even a lost relationship.
- People with a healthy level of self-esteem are less likely to feel Jealousy.
- If this happens you should calmly sit down and talk about it so it could be worked on in the future Don’t Hide Your Jealousy until it’s to late.

Be Supportive

- Ask if there is anything that needs to be done, or if they need anything.
- Don’t expect one person to do everything.
- If you support your partner they will support you back.